

Subject: Chat with Karen Lancaster

From: Karen Lancaster <lancaster.karen@gmail.com>

To: barriticus@gmail.com

Karen: I love you. Sorry to be so mean today but I just need some positive reinforcement from you that you are taking responsibility r yourself

me: I know, I love you too and I'm trying my best. I know I've fucked up a lot but I need you to judge me on what I'm doing now so that I can stay focused on being better and not what I've done in the past.